

MADJA NEWSLETTER

March 2009

Chairman's comment

As I write this, we are in the depths of snow, with memories of sunny (?) track days far in the distance! We had a fantastic season with 169 enthusiastic and talented athletes, we broke 28 Club Records. We came 5th (out of 15) in the National Young Athletes' League (NATYAL) and 3rd (out of 18) in the Wessex League. Thanks goes to the athletes for many things; their willingness to try disciplines outside their comfort zone, their team-spirit and their dedication to be the best! Without them, there would be no MADJA!

A huge "thank you" also goes to the many parents, guardians and helpers who make sure the athletes get to training sessions and support the competitions. It really **IS** appreciated, and has helped make the Club the success it is today. We are growing rapidly. Please read on and find out more!

HIGHLIGHTS OF 2008

UKA Graded performances

Grade 1

Rachel Sykes, 800m

Hannah Thompson, Long Jump

Luke Callaghan, 75m Hurdles

Matty Williams, High Jump

Brad Hill, 100m, 200m and Long Jump

3 English Schools Finalists:

Hannah Thompson

Hannah Claydon

Rachel Sykes

Lucy Averill

Club Successes

3rd in Wessex League (18 teams)

5th In National Young Athletes League (NATYAL) (15 teams)

Other News

Cross Country - Also congratulations to our young athletes who have been running in the Oxford Mail Cross country League, particularly Keiran Garraway, Elliot Lassiter and Maddie Perrins

Official of the Year - Well done Margaret!

We are proud to announce that Margaret Thompson was awarded "Official of the Year" by England Athletics, South-West Region for 2008.

Useful Numbers

Richard Cooper	01672 516795
Karen Kilworth (Secretary).....	0781 4102234
Martin Boaler (Treasurer).....	01672 563235
Paul Steen (Website)	01672 540383

OTHER NEWS

Winter training & competition

As you know, we have been continuing with winter fitness training. It's a great way to keep in condition between seasons. It's still not too late to start up and begin working on those PB's. Contact Miles Averill on 07778 061263 for more information. Open to all athletes - Meet 6.30 pm every Wednesday at Rugby Club car park. Text Miles in advance in case of cancellation.

Sunday Training - The Unsung Heroes by David Smith

I was lucky to coach a brilliant group of athletes last year; they can all call themselves athletes whether they competed for the Club or not. They showed enthusiasm and the joy of taking part in athletics. For some it was being like a sporting hero, for others it was the fun of learning new things or maybe beating a friend (or a coach)! All of the athletes made last year a success and their energy made it such a joy to be their coach. Many of the athletes improved tremendously during the season and some even ended up in the Quadrathlon Team. 2009 provides more fun and the moving up of some athletes to the U13's providing competitive opportunities for the remaining athletes. For those who aren't able to compete next year, I would like to organise fun sporting competitions and to introduce more athletic based team games which should give everyone a chance to be winners. The athletes that don't go to the competition are vital to the club. They are the Sunday regulars and also often the biggest improvers.

COACHES & HELPERS NEEDED!

We still need more coaches & helpers both on and off the track.
Please contact one of the club representatives if you are interested in helping.

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Next Season/Your Club Needs YOU!

We would like to invite any parents/guardians or helpers to get more involved! We need more volunteers to help with roles such as coaching (Level 1 and Level 2), officials on competition days (training given) and all-rounders to help with some admin, cake stalls, raffle tickets etc. If you think you can help, please call Karen on 0781 4102234 or email on Karen@ukontime.com. Look forward to hearing from you!

Team Captains' Reports

U11's

Our U11's performed admirably against very high quality opposition in the Wessex QuadKids league, achieving 4th. Quadrathlon winners are: Kirsty Chaplin and Henry Williams. Coaches Athletes of the Year are Kirsty Chaplin and Kieran Garraway.

U13's

The under 13s have achieved 9 Club records. 5 grade 1 performance, 6 athletes ranked in top 10 in South West of England, 2 in the UK top 15! Well done to all, this is excellent news. The U13 boys' team is one of the strongest sections in the Club.

Coaches Athletes of the Year are Luke Callaghan and Connie Temple Brown.

U15's

Under 15's can boast 3 club records, (Rachel Sykes for the 800m, Morgan Gasgoigne for triple jump, Callum Rea for triple jump. Coaches' Athletes of the Year are Eva Averill and Daniel Willis.

U17's

Our U17 boys achieved a fantastic season – the boys were 3rd in the U17m Wessex League and attained 8 club records. Coaches' Athletes of the Year are Dan Churnside and Ellie Shepherd.

Other Awards

Services to Club - John Hobson

MADJA Overall Athlete of the Year – Josh Eades

Family Trophy went to the Williams' – Cath, John, Matty & Henry

We are starting the new season on Sunday 22 March – everyone is welcome, those who wish to compete, or who simply want to keep fit and have fun. Season runs until 6 September, 2009

Training Sessions: All Welcome

Sunday: 9:15-10:15 – U9's, U11's 10:15 – 11:15 - U13's, 11:15 – 12:15 - U15's, U17's, U20's

Wednesday 6:30 – 8:00 (U13's & older)

Meetings update:

We have now organised meetings on the second Monday, every other month at Marlborough Rugby Club, and everyone is welcome. The purpose of the meeting is to share information, update parents, athletes, and helpers on current news, competitions, training results and progress. This meeting is open to all and minutes of meetings are on our website: www.madja.co.uk

Power of 10 rankings

Don't forget to log on to www.powerof10.info which gives a great picture of where individual athletes are ranked per event both in the South West and nationally.

2009 Subscriptions

Subscriptions for 2009 will be as follows:

1st athlete per family – £40

2nd athlete per family – £35

3rd athlete and beyond per family – £30

Registration forms are available on the website:

www.madja.co.uk

Competition Dates (don't forget to visit

www.madja.co.uk for other dates/details)

NATYAL (U13, U15, U17)

3/5/09 – Cardiff

17/5/09 – Hereford

31/5/09 – MADJA hosts Swindon

21/6/09 – Bridgenorth

19/7/09 – Halesowen

WESSEX (U11, U13, U15, U17, U20)

19/4/09 - Swindon

7/6/09 - Slough

5/7/09 - Oxford

26/7/09 - Bournemouth